

## Fixed Mindset

Leads to a desire to look smart, so tends to:

Avoid challenges

Give up easily

See effort as fruitless or worse

Ignore useful negative feedback

Feel threatened by the success of others

As a result, they may plateau early and achieve less than their full potential.

Leads to a desire to learn, so tends to:

Embrace challenges

Persist in the face of setbacks

See effort as the path to mastery

Learn from criticism

Find lessons and inspiration in the success of others

## Growth Mindset

As a result, they reach ever-higher levels of achievement